



Wellbeing

Wellbeing is described as "the state of being comfortable, healthy or happy", but it is a much broader concept than moment-to-moment happiness. While it does include happiness, it also includes other things such as how satisfied people are with their life as a whole, their sense of purpose and how in control they feel.

Evidence suggests there are 5 steps we can all take to improve our mental wellbeing.

If you give them a try, you may feel happier, more positive and able to get the most from life.

Connect – connect with the people around you: your family, friends, colleagues and neighbours. Spend time developing these relationships.

Be active – you don't have to go to the gym. Take a walk, go cycling or play a game of football. Find an activity that you enjoy and make it a part of your life.

Keep learning – learning new skills can give you a sense of achievement and a new confidence. So why not sign up for that cooking course, start learning to play a musical instrument, or figure out how to fix your bike?

Give to others – even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering at your local community centre, can improve your mental wellbeing and help you build new social networks.

Be mindful – be more aware of the present moment, including your thoughts and feelings, your body and the world around you. Some people call this awareness "mindfulness". It can positively change the way you feel about life and how you approach challenges.

Taken from www.nhs.uk and www.mentalhealth.org.uk

If you would like further information about the Bridge Cottage Surgery Patient Participation Group please email ppgbridgecottage@gmail.com